

Science Café case studies

Partner acronym: BGBM

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| Case study 3 | |
| Title of the Science Café | Preserving, fermenting, smoking... - Just a trend or more? |
| Date of event | 24 th August 2018, 17:30 - 19:00 Uhr |
| Cooperation partners | Kunstgewerbemuseum (Museum of Decorative Arts). At that time, the museum showed the exhibition "Food Revolution", in which designers focused on future trends in nutrition. We planned the Science Cafe together with museum staff. |
| Venue | Outdoors on the Kulturforum (large square between different museums), where a Food Market took place as part of the Food Revolution exhibition. |
| Speakers | Andreas Rieger, chef of a Michelin-starred restaurant Timo Schmidt, nutritionist and staff member of the Berliner Tafel, an aid organisation that distributes surplus food from supermarkets. Dr. Elisabeth Meyer-Renschhausen, Nutrition Sociologist Carolin Schulze, artist represented in the exhibition "Food Revolution". |
| Number of people attending | 30 vistor, 4 speakers, 1 presenter, student assistent |
| Which topic was addressed? | Nutrition-conscious citizens are discovering more and more how to preserve food at home. Old cultural techniques such as fermentation are being rediscovered, well-known chefs are developing new recipes and social institutions are offering workshops. How can this new movement be evaluated? Supermarkets offer food in all its forms. So why take the trouble to preserve food yourself? Are we just dealing with another fashion trend or does DIY offer added value in terms of food sovereignty? |
| Which goals did you want to achieved? | Wir wollten mit Experten und Publikum darüber diskutieren, was Haltbarmachung in der Vergangenheit bedeutete und welche Potentiale für unsere Zukunft darin liegen könnten. Können wir uns mit selbst haltbar gemachten Lebensmitteln nachhaltiger, selbstbestimmter oder gesünder ernähren? Ändert sich die Wertschätzung von Nahrungsmitteln, wenn wir sie selbst herstellen? |
| Description of activity What did you do? | Our experts examined the topic from very different perspectives. Meyer-Renschhausen, the nutrition sociologist, spoke about the long tradition of preserving food, and the rediscovery as a counter-trend to alienation of nutrition. Schmitt, the representative of an aid organisation, reported on the direct benefits that poor people could derive from the preservation of food if they did not lack the basic knowledge to do so. Rieger the chef focuses on sustainability, radical regionality and seasonality when using preservation technologies, creating unusual taste experiences. He wants to encourage his (wealthy) restaurant visitors to think about their eating and consumption habits. Schulze, who works with fermentation as an artist, deals with the question of how people can regain old cultural techniques. She wants to encourage people to experiment with nutrition and thus gain a new awareness and sovereignty in dealing with food. |

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| <p>Outcomes What went well? What would you recommend to do differently next time?</p> | <p>The visitors discussed that it makes sense to become aware of one's own nutrition by doing it yourself. This enables people to deal more confidently and critically with the offers of the food industry. However, this is only done by a small part of society and the visitors wondered how other groups could be reached. Many people lacked elementary knowledge about food production and therefore an awareness that conventional food production by agriculture and industry incapacitates consumers and harms nature. Various visitors argued that practical knowledge about nutrition should be taught to children and that school gardens and school kitchens should again be part of school lessons. Adults can hardly be reached.</p> <p>Through our Science Café we also only reached people who are already involved in nutrition. Our hope to bring together people with very different social backgrounds through the participation of different speakers (star chef and representatives of a welfare organisation) did not work out. Our advertising via the networks of the charity organization was without visible success. Our visitors were mostly well-educated people. Obviously, it is very difficult to reach people who have not yet dealt with nutrition issues.</p> |
| <p>Policy recommendations</p> | <p>A new strategy is needed to reach specific groups in society on nutrition issues. This strategy should already start in education, in kindergarten and in school, and should impart practical knowledge that will enable people to manage their nutrition more independently.</p> |
| <p>Photos (including title and credit)</p> |  |
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